

Knowing about Myself

a book for -----

Cue Cards for Healthcare Workers



Instructions for Healthcare Workers

The purpose of these *Cue Cards for Healthcare Workers* is to provide you, the healthcare worker, with guidance on supporting caregivers to discuss HIV with their HIV-infected children. These *Cue Cards* are designed to be used as a job aid along with the companion booklet, *Knowing about Myself*. You may find it helpful to read from these *Cue Cards* while the caregiver(s) follows along using their copy of the booklet.

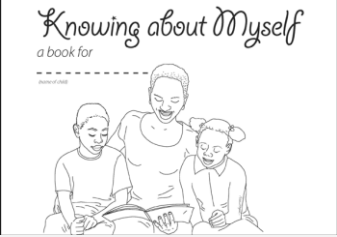
Knowing about Myself, is the second in a series of three booklets. *Knowing about Myself* reviews some of the content in booklet 1, *How to Keep _____ Healthy*, and then names what was previously referred to as “your sickness” as “HIV”. Having just informed the child that he or she has HIV, the booklet then provides support, explains how HIV is transmitted and encourages positive living.

Each page of *Knowing about Myself* is re-printed in the table that starts on the next page under the column entitled “Booklet content”. The column on the right, entitled “Objective of this page is to.....Possible discussion points” summarises the objective of each page along with possible discussion points and common questions from children.

When you are going through the booklet with the caregiver, read all of the words to make sure that the caregiver understands and will be able to read the story to their child.

Additional guidance on disclosure for healthcare workers, including responses to the common questions listed in the table below, can be found in *HIV Disclosure in Children — A Practical Guide*.

Booklet Content

	Booklet content	Objective of this page is to.... Possible discussion points
Cover	 <p>The image shows the cover of a booklet titled "Knowing about Myself" with the subtitle "a book for". Below the text is a line drawing of a woman and two children sitting together and reading a book. The woman is in the center, looking at the book, while the two children are on either side of her, also looking at the book.</p>	<p>Introduce the picture booklet and review the cover.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ I would like to discuss with you about how you are going to tell your child she/he has HIV. ▪ Has your child asked any questions yet about their sickness? What has she/he asked? How have you answered these questions? ▪ What is important is for you to answer their questions as honestly as you can. ▪ Have you tried to talk to your child about HIV before? What kinds of things have you talked about? ▪ You may have gone through the first booklet "How to Keep Healthy". When you feel the child is mature enough to understand what it means to have HIV, then it will be time to read the second booklet to her/him: <i>Knowing about Myself</i>. ▪ Record your child's name in the space provided on the cover.

A message for caregivers

This book will help you talk to your child about HIV. It can be used with children over the age of eight years who are able to understand the information.

Before you use this book with your child, you should talk to your child about his or her health and make sure that talking about these things is comfortable. This book is just part of the normal talks you will have with your child. You should also try to make sure that your child is old enough to understand how to keep this information private, if that is what you and your family want.

When you get ready to tell your child about HIV, try to make sure that you are in a comfortable and private place.

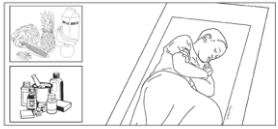




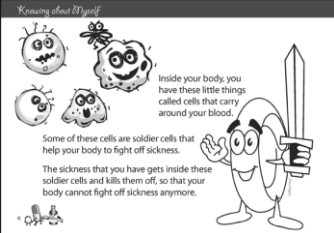
When your child hears this information, he or she may feel frightened or angry or may become very quiet. All of this is very normal. Do not try to change what your child feels – try to give him or her the comfort that they need and let them know that they can always ask questions. Also tell your child over and over again that HIV is not anybody's fault. What you are doing may be a hard thing to do, but it is very important to pass this information onto your child when he or she is ready to hear it. If you wait too long to tell your child, it may be harder for him or her to handle. Also, remember you can always ask the counsellor, nurse or doctor any questions as they come up. They are there to support you and your family.

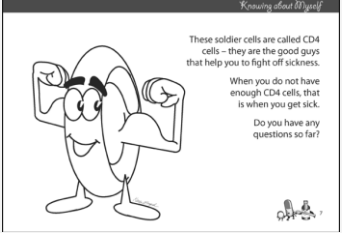
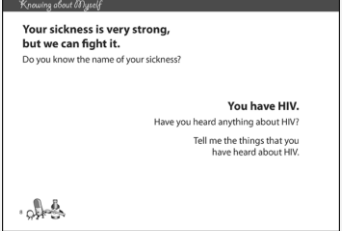
Review “A message for caregivers”.



Discussion points:

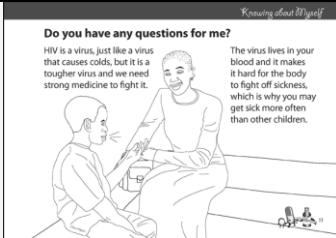
- Read the booklet to your child when nobody else is close by.
- This booklet should seem to be part of your normal conversations with your child.
- It is to be used with children over eight years old.
- You should try to make sure that your child is old enough to understand how to keep information about HIV private, if that is what you want.
- When your child hears that she/he has HIV, she/he may become frightened, angry or very quiet. All of these feelings are normal.
- Remind your child that HIV is not anybody's fault.
- Encourage your child to ask questions.
- The way you manage the talks with your child will set the stage for future discussions and help her/him to be more comfortable living with the sickness. So it is important to be gentle and to listen to your child.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 3</p>	<p style="text-align: right; font-size: small;"><i>Knowing about Myself</i></p>  <p>Today, we are going to talk about your health. Do you remember the things that you need to do to keep healthy? Eating healthy foods. Sleeping and resting when you feel tired.</p> <p>Today, we are going to talk about your health. Do you remember the things that you need to do to keep healthy? Eating healthy foods. Sleeping and resting when you feel tired.</p>	<p>Talk about keeping healthy.</p> <p>Common questions:</p> <ul style="list-style-type: none"> ▪ But what if you cannot eat enough healthy food because you feel too sick to eat? (Response: some days you will not feel like eating, and that is OK because on other days you will be very hungry and eat more than usual.) <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ This page and the next two pages review content from the first booklet as a starting point to the discussion of full disclosure and to put the discussion in context of “living positively”.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 4</p>	<p style="text-align: right; font-size: small;"><i>Knowing about Myself</i></p>  <p>It is very important to go to the clinic. And you must remember to take your medicines every day. Can you think of other ways that you can keep healthy?</p> <p>It is very important to go to the clinic. And you must remember to take your medicines every day.</p> <p>Can you think of other ways that you can keep healthy?</p>	<p>Emphasize the importance of going to the clinic and taking medicines.</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 5</p>	 <p>You have to take your medicine because of the sickness that is inside your blood. The medicines are like good cops that keep the sickness locked up in prison.</p> <p>You have to take your medicine because of the sickness that is inside your blood.</p> <p>The medicines are like good cops that keep the sickness locked up in prison.</p>	<p>Discuss the importance of medicines.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 6</p>	 <p>Inside your body, you have these little things called cells that carry around your blood. Some of these cells are soldier cells that help your body to fight off sickness. The sickness that you have gets inside these soldier cells and kills them off, so that your body cannot fight off sickness anymore.</p> <p>Inside your body, you have these little things called cells that carry around your blood.</p> <p>Some of these cells are soldier cells that help your body to fight off sickness.</p> <p>The sickness that you have gets inside these soldier cells and kills them off, so that your body cannot fight off sickness anymore.</p>	<p>Discuss how the body fights the sickness.</p> <p>Common questions:</p> <ul style="list-style-type: none"> What if the sickness kills all of the soldier cells? (Response: you will get sick.) <p>Discussion points:</p> <ul style="list-style-type: none"> Similar to the previous page, your child may need some time to look at the animation. She/he may have questions such as “Why is the soldier cell carrying a sword?” Try to answer these questions, children need to feel they understand the concrete messages before they can focus on the message conveyed in words. Spend some time on this page. You may even have to read it twice and act out the scenario between the sickness and soldier cells.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 7</p>	 <p>These soldier cells are called CD4 cells — they are the good guys that help you to fight off sickness.</p> <p>When you do not have enough CD4 cells, that is when you get sick. Do you have any questions so far?</p>	<p>Define CD4 cells.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> Your child’s reaction to this page will probably be similar to that of the previous one. Again, take some time to help her/him understand. If your child is familiar with the term “CD4” because they have heard your or a healthcare worker talk about someone’s CD4 test result, then mention it.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 8</p>	 <p>Your sickness is very strong, but we can fight it.</p> <p>Do you know the name of your sickness?</p> <p>You have HIV.</p> <p>Have you heard anything about HIV?</p> <p>Tell me the things that you have heard about HIV.</p>	<p>Explain what the sickness is.</p> <p>Common questions:</p> <ul style="list-style-type: none"> I have heard that HIV can turn into AIDS, is that true? Can people die from this? Will I die? <p>Discussion points:</p> <ul style="list-style-type: none"> Take your time with this page. Stop, wait for your child to react, even it means that there is silence for several minutes.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 9</p>	<p style="text-align: right;"><i>Knowing about Myself</i></p> <p>Sometimes when children hear they have HIV, they may get frightened, or angry, or sad. Hopefully we can keep talking about this until you understand.</p>  <p style="text-align: center;"><i>Should we take a break now, or do you want me to continue?</i></p> <p>Should we take a break now, or do you want me to continue?</p> <p>Hopefully we can keep talking about this until you understand.</p> <p>Sometimes when children hear they have HIV, they may get frightened, or angry, or sad. It is alright if you also feel this way.</p>	<p>Encourage the child to identify how she/he feels.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ It is very possible that your child may need some time to think about what she/he has heard. Take your time, even if it means that there is silence. ▪ The caregiver should watch for signs from the child that this information is too much and that a break is needed. ▪ If your child is feeling afraid or sad or angry, reassure her/him that these are normal feelings that any one would feel after hearing such news. ▪ If the child is silent, the caregiver might say something like: “Sometimes when children hear that they have HIV, they may feel frightened or worried or angry. This is very normal. I am here to talk to you if you decide later on that you want to talk with me.” ▪ You should feel free to stop here, the discussion can continue at a later time, even another day.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 10</p>	<p style="text-align: right;"><i>Knowing about Myself</i></p> <p>Do you want to write down how you feel at the moment?</p>  <p>Do you want to write down how you feel at the moment?</p>	<p>Provide the child with a way to express how she/he feels.</p>



Do you have any questions for me?

HIV is a virus, just like a virus that causes colds, but it is a tougher virus and we need strong medicine to fight it.

The virus lives in your blood and it makes it hard for the body to fight off sickness, which is why you may get sick more often than other children.




Discuss the effect of HIV on the body.

Common questions:

- Why can't the body fight off illnesses if I have HIV?
(Response: Remember when we talked about the "soldier cells", which are also called "CD4 cells"? Remember how the soldier cells protect us? Well when you have HIV you can have fewer of the soldier cells so your body can't fight off illnesses the way that some of your friends can fight illnesses.)

Discussion points:

- Ask your child what she/he knows about HIV. Listen to the response carefully so that you can correct any misunderstandings.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 12</p>	<p style="text-align: right;"><i>Knowing about Myself</i></p> <p>Children can get HIV in different ways.</p>  <p>Some children may have gotten it from their mothers when they were still inside their tummy.</p> <p>Some may have gotten it when they got extra blood put inside them at the hospital.</p> <p>Some children may have been abused.</p>  <p>Children can get HIV in different ways.</p> <p>Some children may have gotten it from their mothers when they were still inside their tummy.</p> <p>Some may have gotten it when they got extra blood put inside them at the hospital.</p> <p>Some children may have been abused.</p>	<p>Discuss how children get HIV.</p> <p>Common questions:</p> <ul style="list-style-type: none"> ▪ So, HIV is in my blood? (Response: Yes, it is in your blood and we will discuss this further later in the booklet.) <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ Ask your child what questions they have; depending on their experience she/he may find this page simply interesting or it may bring up painful memories. ▪ Some children will have questions about HIV transmission; others will be silent. Others may wait until this the booklet is read to them several times before they will be ready to ask how other children get infected. ▪ Children who have been abused may need additional support at this time.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 13</p>	<p style="text-align: right;"><i>Knowing about Myself</i></p> <p>Now that you know what you have, the most important thing is to take care of your health. That means taking your medicine every day. What other things should you do to keep healthy?</p>  <p>Now that you know what you have, the most important thing is to take care of your health. That means taking your medicine every day. What other things should you do to keep healthy?</p>	<p>Initiate a discussion of “positive living”.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ Encourage your child to provide at least two answers to the question (“What other things should you do to keep healthy?”). Possible answers include: eat healthy food, eat all of my meals, take exercise, get enough sleep, got to the clinic, take my immunisations without crying, etc.

Knowing about HIV/AIDS

You cannot give HIV to anyone by touching them, hugging them, eating from the same plate, or using the same toilet.



The only way people can get HIV is –

- When a baby is inside its mother.
- From breast milk.
- From blood.
- From sexual relations.



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The only way people can get HIV is –

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Discuss how HIV is — and is not — transmitted.

Discussion points:

- Encourage your child to ask questions about how HIV is transmitted. Ask what other people say about how HIV is transmitted. Correct any misunderstandings.
- This page brings up the issue of HIV transmission through sex. Younger children may allow you to gloss over this point without question.
- Children who are a bit older (age 10–12, maybe) might just giggle or feign disgust.
- For older children (age 12 and older), this page provides an opening to discuss relationships. Do not miss the opportunity to stress that even if you have HIV you can still have a boy/girl friend.
- Think about your own and your family's values and the messages you want to give your older children around sexual relationships and HIV prevention. Regardless of your message, it is important that young people understand (maybe not immediately, but before they start dating) that HIV infection brings with it the burden of ensuring that the virus is not further transmitted to anyone else.

Knowing about HIV just


HIV is just like any other sickness that other children have.



You did not do anything to get HIV. It is something that just happened and we will learn how to live with it.

You are not different from any other child. You can play just like other children.

You can have friends just like other children. You can go to school just like other children.



HIV is just like any other sickness that other children have.

You did not do anything to get HIV. It is something that just happened and we will learn how to live with it.

You are not different from any other child.

- You can play just like other children.
- You can have friends just like other children.
- You can go to school just like other children.

Stress that children with HIV are just like other children.

Discussion points:

- This page is a page that celebrates childhood and invites children with HIV to live normally.
- Be sure to tell your child — some may need to hear it over and over again — that having HIV is not her/his or anybody's fault.

If you get teased, or if you are feeling bad...



Talk to an older person, like an aunt, grandmother or teacher so that you can get the bad feelings out. But since HIV is a private thing, let us talk together about who you would feel comfortable telling. Can you think of someone you trust?

If you get teased, or if you are feeling bad –

Talk to an older person, like an aunt, grandmother or teacher so that you can get the bad feelings out.

But since HIV is a private thing, let us talk together about who it would be safe to tell.

Can you think of someone you trust?



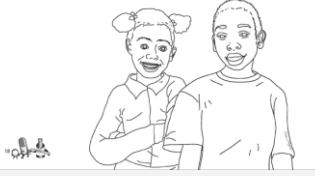

Encourage her/him to identify a close friend or trusted adult whom she/he can share their feelings with.

Common questions:

- What if I do not feel comfortable telling anyone? (Response: would you feel comfortable telling me?)

Discussion points:

- Some children will need time to identify a person in whom they can confide. Allow them to take time. Many children need time to adjust to their own diagnosis before they can discuss it with anyone else.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 17</p>	<p style="text-align: right;"><i>Knowing about Myself</i></p> <p>I am telling you about HIV because I think you are old enough now to learn about your sickness.</p> <p>And now you know why it is so important for you to take your medicines and go to the clinic.</p>  <p>When you have questions, you can ask me or we can talk with the counsellors, nurses or doctors at the clinic.</p> <p>Do you have any questions for me now?</p>  <p>I am telling you about HIV because I think you are old enough now to learn about your sickness.</p> <p>And now you know why it is so important for you to take your medicines and go to the clinic.</p> <p>When you have questions, you can ask me or we can talk with the counsellors, nurses or doctors at the clinic. Do you have any questions for me now?</p>	<p>Summarise the key messages in the booklet.</p> <p>Discussion points:</p> <ul style="list-style-type: none"> ▪ Encourage the caregiver to create an environment in which the child feels comfortable asking questions whenever she/he feels the need to do so. ▪ Let the child know that there is always someone who can provide support, she/he won't be facing the future without this support.
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Page 18</p>	<p style="text-align: right;"><i>Knowing about Myself</i></p>  	

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